

Daily update (10 August 2021, 2.20pm)

Topics in this Core Brief:

- Mental Health Check In
- Active Staff
- Mental Health in the Workplace: a guide for manager's webinar
- Message from Health and Safety: Social Distancing competition



The Mental Health Check In is now open.

All staff are being asked to please complete the online questionnaire, even if you filled it in previously and even if you currently feel well. Sometimes people may be experiencing or about to experience mental wellbeing issues unexpectedly and early intervention may help to resolve any potential or emerging worries or anxieties before they become more difficult to work through.

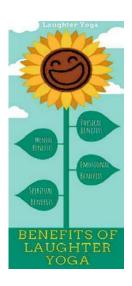
More information is available on the <u>Mental Health Check In website</u> where you will also find a FAQ page. You can also scan the QR code above, which will take you direct to the online information.



We all need some spiritual wellbeing and laughter in our lives, right?

Active Staff has introduced a new activity to your programme. Live over Microsoft Teams, starting on Thursday 19 August 2021, for a six week period, you can get involved with our 'Laughter Yoga.'

Laughter Yoga is an activity that can be enjoyed by anyone, regardless of your personal situation. It does not depend on your fitness levels or your mobility.



Our bodies don't know the difference between fake and real laughter. Combine this with Yogic breathing, our bodies are given the opportunity to feel more energetic, healthy and reap the psychological and physiological benefits. By the end of the session you will feel refreshed and happy.

You can read more about the <u>benefits</u> of Laughter Yoga and to book any of our activities by visiting our <u>website</u>.

For further information please contact: <u>ActiveStaff.Legacy2014@ggc.scot.nhs.uk</u>

Mental Health in the Workplace: a guide for manager's webinar

This free webinar is aimed at line managers, team leaders and supervisors working within NHS Greater Glasgow and Clyde settings.

This webinar is designed to help managers support and maintain good mental health and wellbeing for staff, particularly in relation to COVID-19 experiences.

The webinar will take place on 7 September from 2pm - 4pm.

Please sign up via Eventbrite: <u>https://www.eventbrite.co.uk/e/mental-health-in-the-workplace-a-guide-for-managers-tickets-162563573023</u>





Please keep up-to-date with the latest guidance on our dedicated web pages at: <u>www.nhsggc.org.uk/covid19</u>. If you have any questions about the current situation please check the <u>FAQs</u> first. If you have any further questions, please email: <u>staff.covid19@ggc.scot.nhs.uk</u>

Staff are reminded to make sure their personal contact details are up to date on eESS.

It is important to share Core Brief with colleagues who do not have access to a computer. A full archive of printable PDFs are available on <u>StaffNet</u>